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FOUR FOOD GROUPS IN MEALS

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A GUIDE FOR
PROGRAM AIDES
IN HOME ECONOMICS

FOUR FOOD GROUPS IN MEALS

Treasure Chest

A GUIDE FOR PROGRAM AIDES

I. PURPOSE

To help homemakers use the Daily Four food groups when they plan meals.

II. POINTS TO MAKE

(Choose those that matter most to local families.)

- *Use* the Daily Four food guide to help a family plan meals. It can fit many meal patterns.
- *Each* group in the Daily Four food guide has many kinds of foods. Eating some foods from each group will make the family better fed.
- *Every* food may be fixed in many ways.
- *Fruits and vegetables* can help balance meals made with donated foods.
- *Use* of the Food Stamp Plan can stretch food dollars.
- *People* enjoy food more if it looks good.
- *Think* of needs of family members when you plan meals.
- *Plan* meals for several days so you can buy at sales.

III. WAYS TO SHOW AND TELL

- *Have* the homemaker write down the foods she served for 1 day. Were there enough of all the food groups?
- *Help* her see how simple changes might improve her meals.
- *Help* her make changes that her family will like.
- *Offer* to show her new ways of using donated foods in meals.
- *Help* her work out a meal plan for her family for a day.

- *Offer* to help her make out a shopping list.
- *Discuss* some ways of getting the family to try new foods.

What other ways could you show her how to plan better meals?

IV. THINGS FOR THE FAMILY TO DO

Decide how meals can be improved.

Decide how they can cut down on food costs.

Plan meals at least a day ahead.

Use the Daily Four food guide to plan meals.

Try out new recipes using donated foods or other foods.

V. THINGS TO NOTE—A LOOK AHEAD

- *What* changes have you noticed in the way the family plans, chooses, buys, and cooks food?
- *Has* the homemaker tried some of your ideas?
- *Has* she asked for help in buying, choosing, or cooking food?
- *Are* other family members interested?
- *If* the mother is willing, suggest that she invite some friends or neighbors to meet with you. Serve a simple snack that is new to them. Use donated foods if they get them.
- *Look* at the family's Food-Use Sheets to see what changes they have made.
- *Check* back to see what other ways you can help them.

What other things can you do to help the family plan meals?

VI. MATERIALS FOR FAMILIES

1. *Food for Fitness*, Leaflet 424, Office of Information, U.S. Department of Agriculture, Washington, D.C. 20250.